

ABSTRACT

**Patient Adherence to Oral Medication in Elderly
with Chronic Disease
(Study Based on Adherence to Refills and Medication Scale in
Posyandu Lansia Karang Werda IV Kelurahan Airlangga
Kecamatan Gubeng Surabaya)**

Putri Intan Pratiwi

Adherence to chronic disease therapy is one of the most important factors to reduce the probability of vital organ complications. Chronic disease suffered by the elderly because it changes the anatomical, physiological, and biochemical function. Memory loss, visual function, and auditory function in the elderly may increase the risk of non-adherence. The aim of this study was to determine adherence to oral medication in elderly with chronic disease based on Adherence to Refills and Medication Scale (ARMS). ARMS is commonly used to measure adherence to patients with chronic disease.

This study was a cross sectional study using purposive sampling. Data was obtained using survey method with ARMS questionnaire. ARMS is a standard questionnaire with the reliability that has been tested and demonstrated good internal consistency with α value of 0.814, and the correlation between the questions is between 0.353 to 0.579.

In this study, there were 16.3% (7) elderly patients had high adherence, 81.4% (35) elderly patients had moderate adherence, and 2.3% (1) elderly patient had low adherence. Therefore, it is necessary to increase the role of the pharmacist in pharmaceutical services with appropriate counseling and education as well as monitoring the use of drugs to minimize non-adherence in elderly patients with chronic diseases.

Keyword : adherence, elderly, oral medication, chronic disease, ARMS